

# CITYSTYLE

Atlantic Insight

February 1985



A Valentine's  
feast for lovers

PHOTO BY DOW ROBINSON





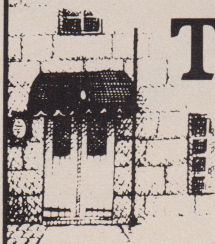
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## CityForum

**Flemming's rhetoric beside the point**

It is very nice for Harry Flemming that he won a university debate about 30 years ago. Unfortunately, his recent article (*CityWatch* November, 1984) is totally beside the point as far as the ongoing debate on city development goes. He does not seem to be aware of the precise criteria used to determine if buildings are heritage properties. It can be shown without sentimentality that the Hart House is clearly of historical value. He dismisses the petition of more than 10,000 citizens against the United Equities high-rise project near the Public Gardens by saying that the area is "rife with high-rise buildings," as if the Friends of the Public Gardens were unreasonably opposed to any development in the area. In fact, no building on the block exceeds 45 feet. Examples have been given of types of development which would be compatible with the scale of the neighborhood, and would take place on the empty lot behind the Hart House. People are fighting for this kind of imaginative development which would integrate the heritage, rather than romanticize it, as Flemming assumes. All in all, his blunt rhetoric hardly lives up to his quotation of Stephenson's hope: "Richly endowed by nature, and with a wealth of historic associations and buildings, Halifax could become the most attractive city in Canada." Let us all work for it.

*Friedemann Brauer, Halifax*

### Longards deserve recognition

Congratulations on the excellent article on Annie and Gladys Longard in your December issue. I don't know its author, Mark Alberstat, but I certainly concur with his conclusion that the Longard sisters should be introduced into the Nova Scotia Sports Hall of Fame. In fact, I have nominated and renominated them for this honor but the selection committee seems to be more sympathetic to candidates from high profile team sports such as hockey and baseball. Perhaps if some of the hundreds of badminton enthusiasts who have been coached or organized by the Longard sisters were to write to Pat Connolly, the general chairman of the selection committee, Nova Scotia Sport Heritage Centre, Suite 300, 1496 Lower Water Street, Halifax B3J 1R9, the duo might finally receive the recognition they so richly deserve. Better still, the committee should attend a local badminton tournament to observe firsthand the tremendous time, talent and energy that the Longards continue to contribute to this sport in Nova Scotia.

*John D. Filliter, Dartmouth*





# A generation gap bridged

*Too often these days children and the aged are separated. The Northwood Multi-Purpose Centre is bringing them together. The result is a special warmth*

by John Darrell

**K**ids are great at hugging and kissing and that's what seniors need — just to be touched, or to be hugged."

A special warmth blankets the Northwood Multi-Purpose Centre as kids and seniors sing songs, play games, cut out valentines, prepare for outings or just quietly walk hand-in-hand. It's all part of a special program known as intergenerational programming.

Sheila Richards-Maguire has directed the program since it started in February, 1981. As she explains it, seniors are not the only ones to benefit.

"The children in the program benefit from seeing the whole life process — the other end of the spectrum. They learn that growing old is a natural part of life: that grey hair, wrinkles and handicaps are not something to fear. They learn to ask questions about what it is like to grow old."

Over the past few years, Northwood has become well-known for the services it provides for the senior citizens in its care. It is based on the multi-service concept developed in the United States in the 1970s and aims at providing the highest level of functional independence possible for the elderly.

Ed Roach, Northwood's president, suggested integrating preschool-age children and seniors after reading about a similar project in the U.S. The board of directors approved the plan and Maguire was hired to run the preschool centre. It's been a hit since then.

Surrounded by beaming children in the preschool snack area, senior citizen Jean Jackson explains why she thinks it has been so successful. "I love it! The program is well organized and the children mind so well. I always had

my grandpa to talk to when I was growing up — used to follow him around like a little puppy dog." She says she is used to children and loves them dearly. "I was in the lounge one time when the children came for a visit. One of them caught sight of me and yelled out 'Hi Jean!' Next thing I knew, the whole bunch were yelling 'Hi Jean, hi Jean!' I just loved it." She says that maybe the bond between young and old is so strong because "the older people are re-living."

Another elderly woman and a five-year-old boy are inseparable. Maguire says that sort of favoritism causes no problems as there are enough people to go around. "Both the seniors and the kids are so different, there's something for everyone."

She says the program gives seniors — who lead simple lives as they don't have to worry about house payments but are often single and lonely — reasons to get out and feel useful.

"They're not there to watch the kids — it's more like 'Let's get together and do something that we both know how to do.' It has to be a useful interaction, something they feel there's a purpose for."

The program is broken into three broad areas: structured activities, spontaneous activities and special outings. The organized activities are conducted on a regular basis and provide a pleasant break in the routine for everyone. They include Tuesday luncheons with songs, Wednesday baking with special attention to special holidays and birthdays, and "remotivation therapy" — sessions in which the children take part under the guidance of Northwood Centre staff. Other activities include movies, activity days and preparations for special occasions like Easter,

Valentine's Day and Halloween.

Spontaneous activities need little explanation — they are special moments when children and seniors just drop in to say hello. These moments have turned out to be among the greatest times they've had.

Special outings allow the kids and elderly to share experiences outside the centre. A harbor cruise, a train or ferry ride, city tours or visits to the wildlife park in Shubenacadie can all provide good times and learning experiences.

The learning experience is at the top of Maguire's priority list when it comes to the 15 children attending the preschool. The school runs in two-week cycles. In the first week, children work on themes like insects, sounds, emotions, spring or space. In the second week, they break into smaller groups. Older children study numbers and letters while younger ones take part in activities more suited to their age. This allows for more individualized attention.

Community response to the project has been very positive. Parents of the children involved appreciate the contact the kids have with older people. Several institutions have used the centre as a training facility for students interested in child development.

"Now the presence of children in the halls of Northwood is an everyday occurrence and both staff and residents are most receptive," says Maguire. "In today's transient society, children and seniors are often deprived of contact with one another; therefore, intergenerational programming is an excellent way of bringing young and old together and helps to develop a more positive understanding of the life cycle." **C**



SHEILA MCGUIRE





# Valentine's is a lovers' affair

*How to celebrate the Feast of Lovers with an intimate dinner for two, or a lavish party for friends, or by giving gifts of anything from chocolates to sexy lingerie*

by Charmaine Gaudet

**F**ebruary has two officially noteworthy days and one of them — Groundhog Day on February 2 — is a writeoff, nothing more than a miserable drop in winter's bucket.

That leaves February 14, Valentine's Day. Now here is a day to make you sit up and take note, and not just because of all the commercial ruckus about it. After all, Valentine's Day is to celebrate the Feast of Lovers, which makes it a special occasion in its own right, whether you celebrate it with an intimate toast for two or with a party for your friends.

Valentine's Day is rooted in an ancient Roman holiday called the *Lupercalia*, which was celebrated on February 15. The feast, honoring the Roman god of animals, involved the usual sacrificial offerings and fertility rites and generally a good time was had by all. Everyone, that is, except for a certain Valentinus, a Roman accused of siding with the Christians during their persecution under Emperor Claudius II. For his sympathies, Valentinus was beheaded on the eve of the Feast of Lupercalia in 270 AD.

The Roman celebration slid into obscurity long ago, but Valentinus was canonized and the Feast of Valentinus remains. St. Valentine was no Casanova, as far as we know, so how his feast came to be associated with lovers is anyone's guess. There are theories, to be sure, most of them far-fetched. But this much we do know: as far back as the early 1600s lovers were exchanging sweet nothings on Valentine's Day. It's a very old tradition, this business of honoring love on the 14th of February.

## A table for two

While today we're putting a few new twists into old traditions, some things will never change, particularly the practice of an intimate evening for two starting with a romantic meal.

Soft lights, candles, wine and flowers can set the mood for a sensual feast. But it pays to take time to prepare for an evening of romance by planning the meal and getting tiresome chores out of the way. If you are unsure about what to serve, Chef Bernard Meyer of the Grand restaurant and grill suggests Mussel Soup, Roast Duck and a delicious Heart Berry Cake. (The recipes accompany this story.) Get the shopping done a day ahead, or more, so you can take your time cooking the meal and setting the scene with candles and flowers. If you have children or pets, send them off to visit their grandparents or a boarding kennel for Valentine's Day and night. Once the house is empty, take your time getting ready — the idea is to enjoy the evening, not to have to recover from rushing around.

On the other hand, there's a lot to be said for getting out and having fun while someone else does all the work.

Les Deux Amies is offering a special Valentine's Day menu — a four course meal including soup, salad, the entrée served on a silver platter and dessert, plus a half a litre of house wine — for \$49.00. If you like, you can curl up in one of the love seats upstairs for your dessert and coffee.

Another possibility is to have a caterer bring a meal for two to you. Silver Spoon Savories and Desserts is featuring a Valentine's Day dinner through its catering service as well as in the restaurant.

## Throw a party

Valentine's Day is a great excuse to throw a party — a surefire way to cut through the February blahs. Since Valentine's Day is a feast, include good things to eat — and lots of them.

There are two basic approaches to throwing a party. You can search through your cookbooks and scrounge through your larder and scribble down shopping lists till the cows come home. But then, instead of being the life of

the party, you'll most likely be the first to poop out. Or you can get someone to do it all for you while you relax and have fun.

The Silver Spoon caters to large and small parties, with appetizers, full-course meals or just desserts. They can recommend a special Valentine's Day menu for your party and they also have valentine desserts, including heart-shaped cheesecakes and Amaretto chocolate cheesecake. There are more than 30 hot appetizers including *spanokopita rumakis*, Indonesian meatballs and patés. Entrées include roast pork tenderloin with apricot, hazelnut and fig stuffing, and duckling with spicy kumquat sauce.

Scanway Catering specializes in food with a Scandinavian flavor, from hot and cold appetizers to open-faced sandwiches to impressive desserts. They can cater in your home or deliver prepared food. They also offer a full bar service. In addition to their regular dinner menus, Scanway features a 45-item smorgasbord for four to 700 people. Special desserts include *Kransekake*, a fancy, tower-shaped cake with an almond base, and a dessert tray assortment with almond tortes, meringues, gingerbread hearts and lots more.

Need a hostess for your party? The Group Model and Talent Agency can provide one. Dressed as a French maid or Cupid, she will greet your guests, hang coats, refill drinks and food trays, and generally manage the party — leaving you time to mingle. If you ask her to, the hostess can also help pick up afterwards.

Whether you have your party staged professionally or do it all yourself, it pays to plan ahead. February may not top the social events calendar, but people do venture out and may have other plans. To be safe, send out invitations a couple of weeks in advance. For really big parties, make that a month.

It is important to make a list of



everything that has to be done, even the most seemingly insignificant detail, and give yourself time to get everything done. Some tips that will help your party get off the ground include:

- \*Make sure you have ample space to hang coats. For a big party, rent an extra coat rack if necessary. This saves people from rummaging through a mountain of clothing when they're ready to leave.

- \*Make sure you have more glasses than you think you'll need.

- \*Provide enough coasters if you're concerned about your furniture.

- \*Provide enough ashtrays and make sure you have big ones.

- \*If you're serving wine to a large group, consider renting a wine fountain. They make interesting centrepieces and guests can serve themselves.

### Gifts and greetings

Valentine's Day is also a day on which many people exchange gifts and greetings — for example, traditional heart-shaped boxes trimmed with satin and lace. While the box may be old hat, some not-so-traditional goodies have been thrown in — chocolate-coated fruits and pralines, and chocolates filled with all manner of spirits from whiskey and rum to cognac and Amaretto, the almond-flavored Italian liqueur of love. A hot new trend is to give chocolate truffles and you can get a gift box of these decadent delicacies at several dessert stores.

Flowers are another Valentine's Day staple — in fact it is the busiest time of the year for florists. Once, roses monopolized the valentine market but now European cut flowers — iris, alstromeria, lilies and freesia — are gain-

ing popularity quickly.

Lately, floral bouquets have been giving way to balloons. For Valentine's Day, the balloons come heart-shaped in red, pink, silver or white. Balloon Magic offers a special "Sweetheart Bouquet," a four-tiered arrangement with trailing satin streamers.

Kathy MacCulloch and Willa Magee of Dartmouth offer a unique service for valentine gift-givers — baskets filled with anything from food to flowers to bath products. They call their company Goody Baskets. Their motto is We'll Basket Anything.

As it is the Feast of Lovers, one of the most appropriate gifts may be sexy lingerie. Knowing what a woman would like, however, can be perplexing since "lingerie" today includes everything from frilly baby dolls to man-style underwear. Clique, a Halifax store that features Nova Scotian fashions, has a solution — Lori Ashton's Serendipity Designs. This popular line ranges from the barest silk teddies to full-length gowns trimmed

with ruffles and laces.

A visit to any stationery store will show that Valentine's Day card sales are still strong. But cards aren't the only way to get your message across. You can have it sung or rhymed or printed on balloons or hand-written in fancy calligraphy. You can have it delivered by a Cupid, a juggling clown, a gorilla or a playboy bunny.

Live Wire Productions, a service of The Group model agency, can provide costumed couriers to deliver your gifts. The couriers can read or sing your greeting and, if you want, they can also pick up something nice for you to give as a gift.

Greetings Hot and Cold specializes in providing singing couriers. The deluxe package includes a costumed courier, recitation of a personalized poem, a personalized calligraphy message, a bouquet of balloons and a rose for a lady or a carnation for a gent.

There are many ways to celebrate the Feast of Lovers. The important thing is to do it, relax and have fun. **C**



Throwing a party? Hire a hostess dressed as Cupid

Lingerie makes an appropriate gift for the Feast of Lovers



# A sensual feast

**F**resh. Clean. Pure. Natural. These are words Bernard Meyer, head chef at the Grand restaurant and grill in Spring Garden Place, uses to describe the qualities he strives for in the dishes he prepares.

"This is 1985. We have to see food differently, try new things, and apply new methods. No longer should we mask the taste of food with heavy sauces." Instead, Meyer embraces a new approach that emphasizes natural flavors, exciting blends of complementary flavors and textures, and imaginative presentation. The result is a delight to the palette and the eyes — truly, a sensual feast.

For Valentine's Day, Meyer has created a special dinner menu for four. For two people, simply decrease the quantities accordingly. To complete the meal add a bottle of your favorite wine, a crusty loaf, and a tossed green salad. Bernard suggests Belgian endive with walnuts, tossed with a walnut oil vinaigrette.

## Mussel Soup

1 kg mussels  
10 g shallots, finely chopped  
20 g onions, finely chopped  
a few sprigs parsley and dill  
1/4 bay leaf  
100 ml dry white wine  
25 g julienne of celery  
25 g julienne of carrots  
20 g butter  
500 ml fish stock  
2 tbsp. curry powder  
200 ml double cream  
1 egg yolk  
salt and freshly ground pepper  
a pinch of chervil

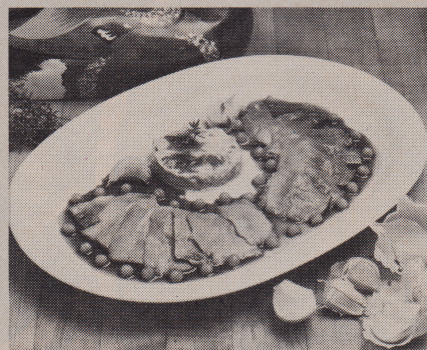
Wash mussels in cold water, taking care to remove the "beards." Put the mussels, shallots, onions, herbs and wine in a covered pot, bring to a boil, then let simmer for 5 minutes. Remove the mussels from their shells. Strain the remaining liquid through cheesecloth. Sauté the celery and carrots in butter in a separate pot. Add the fish stock and mussel liquid. Reduce to half, then add the cream. Put the mussels in the soup, remove from the heat and add the egg yolk. Add the

curry powder and season to taste. Garnish with the chervil and serve hot.

## Roast Duck

2 kg duck  
20 garlic cloves  
250 g butter  
100 g parsley  
4 heads endive  
1 tsp. dijon mustard  
1 tbsp. olive oil  
250 ml dry white wine  
salt and pepper

Crush the garlic and place in a bowl. Add 100 g of butter, the mustard and seasonings. Stuff the duck with the mixture. Tie the duck and brush the skin with olive oil. Roast the



duck at 450°F for 18 minutes, then sauté in butter until crisp. Debone the duck. Put the breast aside, keeping it warm. Sauté the legs in butter for about 5 minutes. Remove the stuffing from the duck and crush the bones with a heavy knife. Pour the fat out of the roasting pan and sauté the duck bones. Add the white wine. Reduce to half and add water to the level of the bones. Strain and keep warm. Cut the endives in julienne strips and gently sauté them in the butter. Arrange the endive and the duck on four plates. Boil the sauce and add the remaining

butter while stirring constantly. Pour the sauce over the duck.

## Heart Berry Cake

The term "Heart Berry" comes from Beatrice Buisack's cookbook *The Strawberry Connection* in which she notes that this luscious berry has a heart shape. For this reason, Meyer has featured the strawberry in his Valentine's Day menu.

250 g fresh or frozen strawberries for cake  
200 g fresh or frozen strawberries for sauce  
80 g sugar  
8 gelatin leaves (previously soaked in water)\*  
30 ml kirsch  
250 ml whipping cream  
sponge cake, 4 rings, approximately 8 cm in diameter by 1/2 cm high  
almonds (optional)

Blend the strawberries at slow speed, reserving 4 good berries for presentation. Dissolve the gelatin leaves in the purée. Set aside 10 tablespoons of the mixture for use for a final glaze. On a bed of ice, vigorously whip the cream until firm. Blend in the sugar and kirsch. Place the 4 pieces of sponge cake in the bottom of 4 metal rings 2 cm high by 8 cm in diameter. Blend the cream mixture with the strawberry purée until slightly thickened. Then pour the mixture equally into each ring. If desired, line the side of the rings with almonds. Refrigerate for 4 hours. Once chilled, brush the remaining 10 tablespoons of purée on to the cake as a glaze. Chill again, then carefully remove the metal rings. If desired, just before serving, sprinkle top with sugar and brown under broiler for a minute. Serve with strawberry sauce.

## Strawberry Sauce

Blend the remaining strawberries at slow speed and pour the sauce around each cake. Garnish with a sprig of fresh mint and a strawberry.

Heart Berry Cake is featured in *CityStyle's* cover photo.

\* available in specialty food stores



# Ahhh . . . does that feel good!

*Hot showers are a poor second to the soothing heat of a sauna where you can sit or lie in comfort while you sweat the small stuff from your life. For the diehards, there is even room to pace*

by Brent King

**S**ome like it hot. Some like it cold. Sauna bathers like it hot and cold — in that order, the more times the better.

And, appropriately enough, few are lukewarm on the sauna's merits or drawbacks. Many try the sauna's soothing heat and become converts to its relaxing, invigorating properties. Others think of sitting and sweating in a cedar-lined room as a stifling claustrophobic practice, more suitable for a lobster boil.

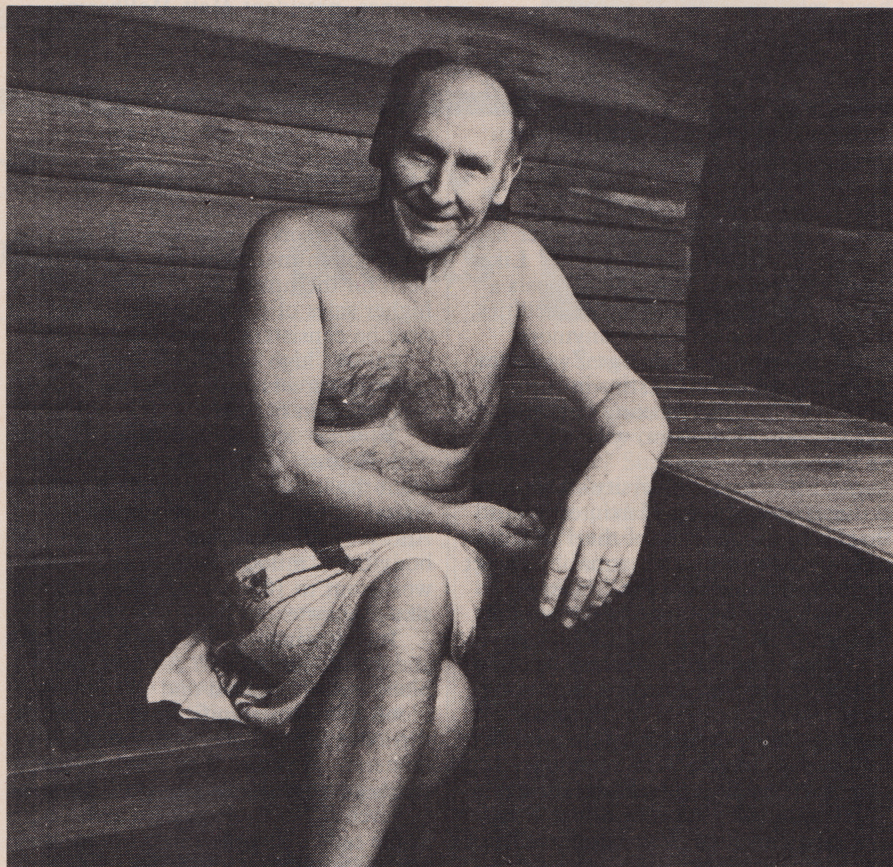
While the number of sauna devotees in Atlantic Canada has never been bared through statistics, it remains more of a luxury pastime than an integral way of life, as it is for the Finns. Here, it's estimated that there are dozens of saunas in hotels, health spas, residences, armed forces barracks and the like.

A select handful of individuals, such as local physician Bill Josenhans, have their own private saunas. A professor at Dalhousie University's department of physiology and biophysics, Josenhans designed and built a sauna cottage near his home on the edge of Lake Micmac. That was 12 years ago, when his customized sauna with lounge cost \$3,000.

He's still both lyrical and clinical about saunas when he gets warmed up. "The sauna is the gourmet restaurant of the skin senses, like the concert hall to the ear and the art gallery to the eye," he tells a visitor who he invited to share his sauna just hours earlier.

Josenhans' thoughts flow like the droplets of sweat in the cozy, benched chamber as he explains the body's hot and cold receptors. It's their action that makes it pleasant to hold an ice cube on a hot summer day, or, by contrast, to stand in front of a blazing fire after a winter outing.

"In a centrally-heated environment," he says, "there's no stimulation of the hot and cold receptors. We need a constant stream of sensory input into



Josenhans: a great alternative to coffee, tranquilizers and sleeping pills

our brain. The more impulses flowing, the more it charges you and makes you feel awake and alive."

So much for a textbook explanation of temperature extremes as part of the sauna's sensual pleasure. Josenhans puts it to the test with a plunge in the lake. This late November evening (the air is about 9° Celsius to the water's 4°), he stands dripping on the dock, the steam wafting upwards. The sauna is even more invigorating, he says, when it's colder outside. In fact, during the winter, Josenhans must use a chainsaw to rip through the ice. Then it's cold enough to freeze your hair!

A sauna, he says, relaxing on a lower bench, is a good alternative to the vicious stress-induced cycle of strong coffee in the morning, tranquilizers throughout the day and sleeping pills at night.

His enthusiasm for the sauna, however, is offset by the concerns of Dr. Patricia Beresford, director of the Preventive Medicine Centre at the Halifax YMCA. While a sauna can help relax tense muscles, it should be used with caution, and not at all by some people, she says.

Anyone with a heart problem could have a severe reaction to overheating and water loss, Beresford says. Individuals with blood pressure ailments should be careful too, since they are likely already on medication. Pregnant women, whose circulatory system is al-

ready under more stress, run a greater risk of fainting, she says.

Beresford prefers the steam room to a sauna. Without moderation in the sauna, she says, bathers could become dehydrated, dizzy, nauseous and even pass out.

Otherwise healthy people could misuse the sauna. She says people who have just had a stint of hard exercise should not take a sauna right away; they should cool down, take a shower, replenish lost fluids and wait for their



Beresford stresses moderation



heart rates to return to normal.

About 15 per cent of those who work out at the YMCA's fitness centre use either the sauna, or the whirlpool or the steam room. That's about 100 men and an equal number of women (saunas are segregated) a day, says director Terry Moore. "The sauna is one of the drawing cards for memberships," Moore says. "We've never had a heart attack or anybody faint." Like other public spas, the YMCA posts a safety notice about use of the facilities.

"I can't do without it anymore," says CBC employee George Zwaagstra, following a lunchtime stint in the sauna. "It's really relaxing before a swim," says Zwaagstra, who takes four or five saunas a week.

At Dalhousie University's Dalplex, acting director Tony Martin estimates that 15 to 20 per cent of the 1,500 daily users unwind in the sauna. "You get the best shave in a sauna," he says, although it's discouraged for sanitary reasons.

Sauna sales for residences either lag behind or surpass hot tubs depending on the dealer you talk to. Otis O'Hara, sales manager at Atlantic Chemical & Supply Ltd., says, "It's a coming market, it needs a lot of advertising." O'Hara, a past president of the Canadian Spa and Pool Association, sells a maximum of eight sauna kits (which cost \$2,500 to \$4,000) a year.

At Loon Lake Hot Tubs, Spas &

Saunas, president Matt McPherson says he's selling two heater kits a week to do-it-yourselfers. Of the various spa items, saunas are the biggest sellers because they're more traditional and cost less, he suggests. He estimates that anyone handy with tools could put a sauna in a house, cottage or ski chalet for less than \$1,000.

McPherson says saunas fall into the luxury item market which has recently been on the upswing, as evidenced by higher sales of color TVs or VCRs. "It may be consistent," McPherson adds, "with our high pressure lifestyle, stressful careers, and increased awareness in fitness."

So what does the sauna have to do with fitness? Well, it cleans the body from the inside out, getting rid of wastes in the form of perspiration. And it's estimated that the average body has 2 million sweat glands — that works out to 100 in a patch of skin the size of quarter.

In the sauna's heat, pores open up and sweat flushes out. As well, the blood vessels expand and the flow of blood increases significantly. Handling the extra blood flow gives the heart a moderate workout. The result? Sharper senses and a good night's sleep.

Even if North Americans aren't born in the sauna, like the Finns of old, they can still experience the feeling of being "reborn." Enthusiasts agree it's a great way to end a hectic day. **C**

It's no sweat to find testimonials to the sauna ritual in Finland: there are 1 million of them for 4.7 million Finns. None other than former president Urho Kekkonen has said, "In the sauna I relax physically and get spiritual recreation. The cozy atmosphere in the sauna creates a willingness to settle disputes. Life without sauna seems to me impossible."

Visiting Canadians and Americans can expect the same sort of sentiments from their hosts. "The best place to do business is in the sauna," says Jyry Louhiso, a Helsinki-based export consultant with the Finnish Foreign Trade Association.

"Final decisions are often made in the sauna," Louhiso says, "although the preparations are done before. You are so relaxed and have a nice feeling that you don't want to argue anymore."

Louhiso, who often spends up to six hours in the sauna — including resting, swimming and eating — expands on the social aspect. "If you have a contact, you can get friendly and familiar with him," he says, totally oblivious to any North American innuendoes.

Finns take their saunas and hospitality seriously. With saunas in homes, cottages, factories, and a Finnish Sauna Society with a 40-page publication, saunas are a tradition, not a fad.

Helsinki's Hotel Inter-Continental, for example, offers tips along the following lines (in eight languages) to its guests:

- There are no hard and fast rules. Spend as long as seems pleasant at a temperature which feels comfortable.
- Make sure you have plenty of time. Don't eat a heavy meal or have a lot to drink beforehand.
- Take a shower before entering the sauna and preferably don't wear a bathing suit. For hygienic purposes, sit on a towel.
- Maintain a temperature of 80° to 100° Celsius. Increase humidity gradually by throwing small amounts of water on the heated stones. Stay only as long as it feels comfortable. Beginners should restrict themselves to a few minutes at a time.
- Cool off by taking a shower or swimming or lounging. Repeat the whole process as many times as you like. Those with heart trouble or high blood pressure should avoid sudden extreme changes in temperature, and not plunge directly into the pool.
- Finish off with a shower, relax and drink something refreshing (hard liquor is discouraged but beer is okay). Get dressed after your body temperature has returned to normal.

## UNDER NEW MANAGEMENT

### MAKE AN INVESTMENT IN FITNESS

We extend a sincere welcome to "The Park Athletic Club" (formerly known as Burnside Athletic Club). The club is under new management (Park Foods Limited).

The next two months will produce much desired leasehold improvements to the club: upgrade program for all courts, new look in the lounge, new carpet and wallpaper.

By way of introducing the club's management the following is provided:

General Manager: Ian Macpherson  
Ass't. Mgr./Program Director: Linda Halsey  
Ass't. Mgr./Membership Co-Ordinator:  
Cynthia Burney

The entire staff of the Park Athletic Club looks forward to meeting everyone, and together we shall create a social athletic club we can all be proud of.

- 4 indoor tennis courts
- 4 outdoor tennis courts
- 5 squash courts
- Nautilus fitness centre
- suntanning centre
- professional instruction

- saunas
- pro shop
- string service
- towel service
- nursery
- bar and lounge



**Corporate memberships available**

Atlantic Canada's most complete athletic club

# THE PARK ATHLETIC CLUB

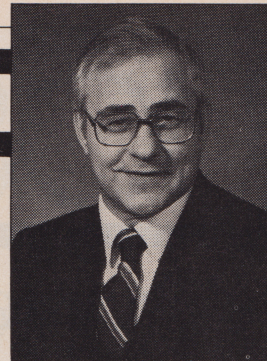
30 Akerley Blvd., Dartmouth, N.S. B3B 1N1 469-5297



**CITYSTYLE**

ATLANTIC INSIGHT, FEBRUARY 1985





# Take charge of your destiny: you have to work for profits

In the summer of 1983, after the stock market had made a dramatic recovery following the worst recession since the 1930s, an otherwise stable, professional man in his 50s told me he was quitting his job to play the stock market. He'd put a sizeable chunk of cash into stocks in mid-1982 and made a bundle following his broker's tips. Easy. Too easy.

He knew nothing about investing. He'd just sent away for a well-advertised home study course. His brokers (he had several in a number of firms) told him what to do. His total involvement was to agree with them, count his winnings, and to dream of a life of ease and riches. Nothing to it!

Naive? Most people would think so, particularly if they had any experience at all with the stock market. Yet his story is similar to that of thousands of new investors who flock to brokers' offices every time stock prices head upward. (Not so many are around when they should be — when stock prices are low and headlines talk of economic hard times.)

This man was very excited. He needed to be brought down to earth. He needed to face reality.

After discussion and a hard-nosed survey of the pitfalls awaiting the unwary, he came to realize he'd been just plain lucky, as gamblers sometimes are. So he kept his job, made some profits before the market's subsequent decline, and now has the capital (and a little more knowledge) to have a reasonable chance at future successes.

"Five of seven of my broker's recent recommendations lost money and two broke even," he told me some weeks later. "I guess almost anyone could have made money when I did. Now, it's not so easy."

He had learned a valuable lesson: the key to making money in the stock market is correct timing. Each time the market hits bottom a proportion of rank beginners buy and get lucky. Some make spectacular gains and their stories spread. People are quick to boast of their winnings; reluctant to talk about losses.

This makes it all look easy to the uninitiated and therein lies the trap. For instance, if your Uncle Joe's broker gave him a real winner you may

want to give the broker a call and see what he's got for you. There are two things to consider right off the bat. Uncle Joe's broker will always have *something*, because he is a commissioned salesman. And, if he were such a whiz he wouldn't be a broker; he'd be a millionaire investor. The same applies to the analysts upon whom he relies.

Brokers and analysts, some of them excellent, have their uses. With few exceptions, they want happy clients. Happy clients mean more commissions in the future. Why, then, do the majority of investors lose money most of the time?

***We need to be able to assess risk...so that the "risk" of making money is greater than the risk of losing it***

The most common belief is that the "professionals" are the first to have the important facts and the little guy is left out in the cold. But if stock price movements are based solely on facts, why don't the professionals do better? Dozens of studies have been carried out in the U.S. in the past 40 years involving the records of hundreds of analysts, pension fund and mutual fund managers and thousands of their favorite stocks. A whopping 71 per cent performed worse than the average for Standard & Poor's basket of 500 stocks. Since those stocks at any given time include a number of duds that

common sense would say to avoid, one might suppose that these people should outperform the average.

And if *they* can't, what chance for you and me? Surprisingly, we have a better chance. We can make decisions in minutes, while institutional decisions often involve committees. Managers, under pressure to perform, often try to play it safe (which means going along with the pack, which is often wrong). Analysts, particularly those working for stock brokerage firms, must avoid upsetting the management of companies they report on for two reasons: to do otherwise risks cutting off their sources of information, and corporations seeking to issue more shares may not give the lucrative underwriting to a brokerage house that has been critical in the past.

The essential conclusions to be drawn from all this are:

- We must take charge of our own destiny. It's our money; we mustn't expect someone else to do all the work so we can reap all the benefits.

- We cannot have all the facts all the time: and, if we could, how would we put an accurate value on each? We need to know how to use the decision-making tools that are instantly available to all of us.

- We need to know when to buy and, perhaps more importantly, when to sell.

- We need to be able to assess risk and to apply that assessment so the "risk" of making money is greater than the risk of losing it.

You wouldn't expect to start a business without knowing something about it. You wouldn't hire managers to make all the decisions. But, you would make sure you were psychologically suited to the new business. The same rules apply to the stock market. If you're prepared to work at it, to make it your business, you should find this column helpful. If you want a chance of big money without work, buy lottery tickets. **C**

*Letters to Sydney Tremayne, author of Take the Guessing Out of Investing, can be addressed to CityStyle, 1668 Barrington Street, Halifax, N.S., B3J 2A2. Please include stamped self-addressed envelope for reply.*



# A celebration of Bach

*J. S. Bach was born 300 years ago. David MacDonald, a noted Canadian organist obsessed by Bach, has orchestrated a year-long celebration of his organ music through a series of concerts in churches around Metro*

by Heather Laskey

**Y**et another complaint had been lodged against the young church organist. This time he was charged with allowing a "stranger maiden" to visit the organ loft and make music there. The organist — also a composer, which was common at the time — was to be the subject of many complaints during his life. The town officials who were his first employers complained that he made many curious variations in a chorale and "mixed many strange tones into it, so that the congregation has become confused thereby." A critic once sniped that he would be the admiration of whole nations if only he would not diminish the quality of his compositions with a "confused and turgid" style.

The subject of these complaints and criticisms made a lot of music in his lifetime, music which has inspired and been cribbed by other composers from Beethoven, Brahms and Igor Stravinsky to Dave Brubeck, the Beatles, skat singers, electronic sound synthesizer players and jazz combos.

His name, of course, was Johann Sebastian Bach of whose music Yehudi Menuhin, the great violinist, has written that its "purity expresses our highest ethics, our strongest morality, our noblest sentiments . . . This is music standing on the pinnacle of human discovery and invention . . . music which joined art and science, thereby moving people's hearts and disciplining their minds in a compelling, living experience in time."

The tri-centenary of J. S. Bach's birth in 1685 in northern Germany is being celebrated this year in Halifax in an appropriate manner. One of



David MacDonald: sharing his obsession with Bach's music

Canada's most impressive organists, David MacDonald, is playing a good chunk of Bach's organ output, including the major preludes and fugues, in a series of concerts at churches around the city. The series has been arranged by the BWV 1985 Society, which was set up specifically for this purpose. (BWV refers to the cataloguing code for Bach's works.)

MacDonald, 32, grew up in Port Morien, Cape Breton, studied organ at Dalhousie and McGill universities, and, through a Canada Council award, in Paris with the great French organist, Marie-Claire Alain. Now based in Halifax, he has given recitals in England, France and across Canada. Last year, at a recital in Kitchener-Waterloo — a musically well-educated area — he received a standing ovation and excellent reviews for a performance.

In keeping with tradition, he is employed as church organist and choir-master — at Rockingham United Church, where, he says, "I'm very fortunate to work with a minister who appreciates music as a very important and integral part of a worship service."

He also plays the harpsichord with professional chamber music ensembles, and has built a solid reputation for his knowledge of and performance in the baroque style. I first heard him playing Bach on this instrument. It was after the Atlantic Symphony Orchestra collapsed, when small chamber recitals were the only live classical music available in town. MacDonald organized a series of Sunday afternoon concerts at the Rockingham church, playing with Anne Rapson, Burt Wathen and Shimon Walt who were to become Symphony Nova Scotia's principal

violin, viola and cello. The concert was delightful and was followed by a tea, including asparagus sandwiches, served by the church ladies. It was the best, and least-known, freebie in town.

MacDonald is a small, emotional man, obsessed with music — J. S. Bach in particular — and a desire to share the pleasure with the world. With the BWV 1985 Society, he started preparing the celebration years ago, planning the program according to the liturgical calendar. Thus on November 10 for example, the Clavierbung Part III, sometimes referred to as the Lutheran organ mass, and known for its symbolism on Holy Trinity, will be played — and sung — at St. Paul's, at the Grand Parade, a church which was built before Bach's death in 1750.

The music of J. S. Bach, the greatest master of harmony and of counterpoint, who, as Menuhin puts it, turns his themes "upside down, inside out, backwards and sideways" and whose beautiful dissonances can still shock ears habituated to contemporary music, is, this year at least, not going to be in short supply around the city, thanks to the BWV Society.

One must, however, trust that there will be no occurrences during the celebration like the street brawl in 1705 when Bach was set upon by five boys, led by a member of the church choir whom he had infuriated by calling a "Zippel-faggotist" — "nanny-goat bassoonist." The unseemly event occasioned yet another complaint to the city fathers. As for the "stranger maiden" — she became the first Mrs. J. S. Bach.

For more information about Bach concerts, call the BWV 1985 Society at 429-5628, evenings.



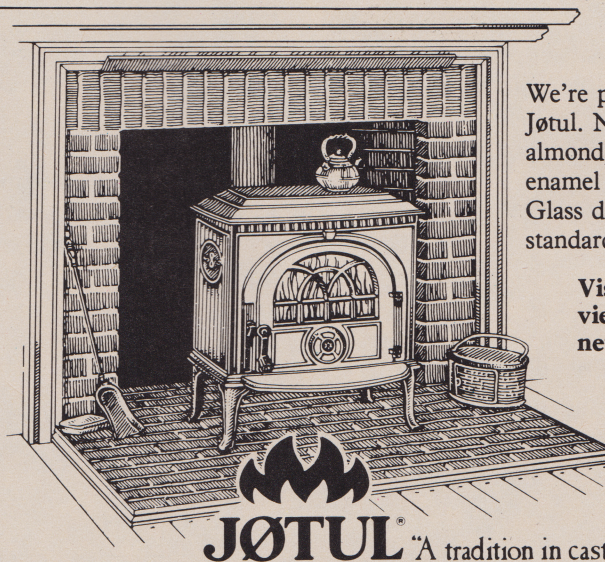
# GADABOUT

## ART GALLERIES & MUSEUMS

**Mount Saint Vincent University Art Gallery.** To Feb. 10: Downstairs & Upstairs: *Eleventh Annual University Community Art, Craft, Baking, Hobby and Talent Show*. Feb. 15-Mar. 10: Downstairs and Upstairs: *Tom Miller and the Mermaid Theatre*. This exhibition, featuring masks, puppets, costumes, posters, banners and films, highlights the important role that Mermaid's co-founder and resident designer Tom Miller has played in shaping Mermaid's reputation. It also celebrates the theatre's contribution to Nova Scotia's cultural life. This exhibition is assisted by a grant from the Nova Scotia department of culture, recreation and fitness. Bedford Highway. Hours: Mon.-Fri., 9 a.m.-5 p.m.; Sat. & Sun., 1-5 p.m.; Tues., 9 a.m.-9 p.m.

**Anna Leonowens Gallery** (N.S. College of Art & Design). Feb. 5-22. Gallery I: Selections from the Nova Scotia College of Art and Design Litho Workshop. Feb. 5-9. Gallery II: *The Blue Stone Quarry Project* — a group sculpture exhibition. Feb. 5-9. Gallery III: *Julie Davidson Ceramics*. Feb. 12-16. Gallery II: David Clark, *New Locations* — sound and video installation. Feb. 12-16. Gallery III: Alan Smith, *I Can't Leave, It's Too Beautiful* — painting. Feb. 19-23. Gallery II: Jay Perry, *Wooden Stretchers*. Feb. 19-23. Gallery III: Donna Dolson — paintings and drawings. Feb. 26-Mar. 8. Galleries I & II: *Staff of the Nova Scotia College of Art & Design*. Feb. 26-Mar. 2. Gallery III: Donna Hiebert — sculpture. Mar. 5-9. Gallery III: Joanne Poirier, *Sticks and Stones* — jewelry. Mar. 12-29. Gallery I: Michael Byron, *Working Drawings and One Candle* — drawings. Mar. 12-16. Gallery II: Mark Verabioff, *Skin* — installation. Mar. 12-16. Gallery III: Thadeus

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In the 1700's, Wolfe's Inn, named in honour of its most esteemed patron, General James Wolfe, Conqueror of Louisbourg and Quebec, was among the first to occupy the site. Here, the Governor held regular land auctions in effort to settle the Province. Indeed, Wolfe's Inn, described in the day as "a very elegant resort", catered to those seeking Government contracts and the favour of the Governor, whose residence was directly across Granville.

By 1836, the Acadian Hotel had opened here. And clientele were especially attracted by its proximity to the Provincial seat of power. By the turn of the century, it was said that more government business was taking place in the dining room of the Acadian Hotel than in the chambers of Province House.

As long as there has been government and authority in Nova Scotia, there has been a place for those who do government business. Today, as always, it stands directly across Granville Street.

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Holownia — photographs. Mar. 19-23. Gallery II: Printmakers group exhibition. Mar. 19-23. Gallery III: Darcy Mann — paintings. Mar. 26-30. Gallery II: Shawn Westlaken — sculpture and painting. Mar. 26-30. Gallery III: Yves Arkand, *Not Forgetting* — color photographs. 1891 Granville Street. 422-7381, Ext. 184. Hours: Tues.-Sat., 11 a.m.-5 p.m.; Thurs., 11 a.m.-9 p.m.; Closed Sun. & Mon.

**Dalhousie Art Gallery.** To Feb. 10: *The 31st Annual Dalhousie Student, Staff, Faculty and Alumni Exhibition* — an annual university exhibition which showcases the artistic talent of members of the Dalhousie community. Feb. 14-Mar. 24: *Expron: Expressionism Ontario* — an extensive display of contemporary work by 17 Ontario artists. Sponsored by Lavalin Incorporated. Dalhousie University Campus, 6101 University Ave. Hours: Tues.-Fri., 11 a.m.-5 p.m.; Tues. evening, 7-10 p.m.; Sat. & Sun., 1-5 p.m. Closed Mondays.

**Dartmouth Heritage Museum.** Feb. 11-Mar. 3: Doug Allan — photographs. Mar. 4-24: Jill Field (Alexander) — mixed media. 100 Wyse Road. For information call 421-2300.

**Saint Mary's University Art Gallery.** Feb. 12-Mar. 30: An exhibition of paintings by *Graham Metson*. SMU Campus, 429-9780. Hours: Tues., Wed., Thurs., 1-7 p.m.; Fri., 1-5 p.m.; Sat. & Sun., 2-4 p.m. Closed Mondays.

**Art Gallery of Nova Scotia.** To Feb. 24. Main Gallery: *David Blackwood*. Mezzanine Gallery: *Susan Feindel: Intensive Care*. Second Floor Gallery: *Canadian Painting from The Collection — Contemporary Painting*. Feb. 28-Apr. 28. Main and Mezzanine Galleries: *A Record for Time* — organized by the Art Gallery of Nova Scotia and supported by Museum Assistance Programmes, National Museums of Canada. Second Floor Gallery: *Canadian Painting from The Collection — Folk Art*. 6152 Coburg Road. Hours: Mon., Tues., Wed., Fri., Sat., 10 a.m.-5:30 p.m.; Thurs., 10 a.m.-9 p.m.; Sun., 12 p.m.-5:30 p.m.

## CLUB DATES

**Teddy's**, piano bar at Delta Barrington Hotel. To Feb. 2: Alan Fawcett. Feb. 4-16: Kim Bishop. Feb. 18-23: Alan Fawcett. Hours: Mon.-Sat., 9 a.m.-1 a.m. Happy hour, 5-7 p.m.

## THEATRE

**Neptune Theatre.** Feb. 8-Mar. 3: *And When I Wake* — a new Canadian thriller by James W. Nichol. He is the author of a recent smash hit called *Relative Strangers*. Unfolding like a

good Agatha Christie novel, *And When I Wake* is set in a deserted summer home. The plot melts away to reveal untold, dark secrets of years past.

## IN CONCERT

**Rebecca Cohn Auditorium.** Feb. 8: *Repercussion*, a band which presents a choreographed performance, replete with jokes, stunts, snappy costumes and evocative lighting effects. Feb. 23: *Theatre Ballet of Canada* will perform a mixed program of short ballets. Feb. 24: The *John Alphonse Variety Hour* features some of the funniest and liveliest of our own talented community and several surprise guests. March 7: the *Oxford String Quartet* gives a special 20th anniversary performance. March 9: *Uzeb* — Quebec's number one jazz quartet.

## SPORTS

### Dalhousie Varsity Schedule

**Men's & Women's Swimming:** Feb. 1: Mount Allison/Memorial University of Newfoundland at Dalhousie.

**Men's Hockey:** Feb. 9: Université de Moncton at Dalhousie; Feb. 13: Saint Mary's University at Dalhousie.

**Men's Volleyball:** Feb. 15: University of New Brunswick at Dalhousie.

**Women's Volleyball:** Feb. 6: St. F.X. at Dalhousie; Feb. 14: Exhibition Game at Dalhousie; Feb. 16: Université de Moncton at Dalhousie

**Men's Basketball:** Feb. 1: Mount Allison at Dalhousie; Feb. 2: Mount Allison at Dalhousie; Feb. 8: UPEI at Dalhousie; Feb. 9: UPEI at Dalhousie; Feb. 21: St. F.X. at Dalhousie; Feb. 23: University of New Brunswick at Dalhousie; Feb. 24: University of New Brunswick at Dalhousie; Feb. 26: Nova Scotia Stars.

**Women's Basketball:** Feb. 1: Mount Allison at Dalhousie; Feb. 2: UPEI at Dalhousie; Feb. 5: St. F.X. at Dalhousie; Feb. 9: University of New Brunswick at Dalhousie; Feb. 15: Saint Mary's University at Dalhousie.

**Dartmouth Sportsplex.** Feb. 1-3: Skate Dartmouth (Winter Carnival); Dartmouth High Hockey Finals.

**Metro Valley Junior A Hockey:** Feb. 10: Dartmouth Fuel Kids versus Cole Harbour Colts. Feb. 16: Dartmouth Fuel Kids versus Halifax Lions. Feb. 23: Dartmouth Fuel Kids versus Moncton Hawkes. Feb. 24: Dartmouth Fuel Kids versus Amherst Ramblers.

**Metro Valley Senior A Hockey:** Feb. 3: Moosehead Mounties versus Bridgewater Ten Pennies. Feb. 10: Moosehead Mounties versus Windsor Schooners. Feb. 17: Moosehead Mounties versus Bridgewater Ten Pennies. Feb. 24: Moosehead Mounties versus Chester Olands Exports.





# DINE OUT

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11 am-2 pm

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Dinner served from 5:00 pm

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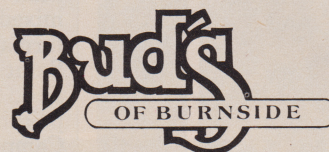
Friendly and relaxed. You are encouraged to linger. Full menu includes soups, salads, crepes, chicken, and of course, fabulous desserts. Fully licensed. Dinner for two: \$25-30

Hours: **The Brewery**  
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Closed Sunday  
**Spring Garden Place**  
Monday-Wednesday 9:00 am-7:00 pm  
• Thursday-Friday 9:00 am-9:00 pm  
• Saturday 9:00 am-5:30 pm • Sunday 12:00 noon-5:00 pm

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Lunch specials 11:00 am-2:00 pm  
Dinner specials 5:00 pm-10:00 pm

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# New symptoms of highway fever

There's an allegory to explain why people accept the unacceptable. If you drop a frog into boiling water, it will immediately jump out, saving itself from a nasty demise. However, if you put the same frog in a pot of water and gradually heat the water, it will continue to paddle about until boiled.

So what's that got to do with Halifax? In the late 1960s and early 1970s, there was action and reaction around urban planning. There was Encounter and Alinsky, MAPC and MOVE; there were viewplanes and Quinpool Road. Planners wanted to double the metropolitan population to 490,000 by 1991, and some suggested turning the harbor into a giant container pier, building a highway — "Harbour Drive" — around the waterfront from Fairview Cove to a Northwest Arm bridge, and enlarging our main thoroughfares into four- and six-lane highways. Issues were important, people were involved, and politicians were attentive, at least occasionally.

Why are things so quiet now? Did the Municipal Development Plan and detailed area planning protect us from the developer's greed and the politician's folly? The impending encroachment on the Public Gardens and imminent destruction of Hart House should shake us from that complacency. Did we satisfy the urban highway lust with the construction of the Cogswell Street interchange? Did the citizens' meetings convince the planners that bread and butter issues do not imply traffic jams or that quality of life is not measured by the quantity of cars which can be whisked or bumpered through a city? Have the people and the planners ceased to worship the automobile? Did the energy crisis save the city? Not quite.

There are still signs of latent auto worship. In the late '70s, there was a move to start Harbour Drive North with a \$15-million widening of Barrington Street from Cogswell to beyond the Macdonald Bridge. The Fairview overpass was constructed at a cost of \$7 million. Nonetheless talk of urban highways and rapid growth has disappeared from public meetings and from civic elections. However, that doesn't mean the thinking behind

them is gone or that some planners aren't moving us toward them.

The latest evidence is the fact that Harbour Drive North has once again resurfaced, so to speak. In its latest form it incarnates a proposal to remove the infamous Barrington Street bubble, just north of Cornwallis Street, which forces traffic to loop around a parking lot protruding on to Barrington Street from behind an apartment complex. The proposal is not to push the parking lot back, but to re-align Barrington Street. The argument is that Barrington Street should be widened, for a little way, to speed traffic flow. That just moves, but does not remove, the bottleneck unless Barrington is widened all the way to the MacKay Bridge. Do we have any alternative to more urban highways?

The logical traffic alternative to wider streets and more traffic is improved and expanded public transit. But everyone knows that transit must be subsidized and the car therefore appears cheaper. What they ignore is the massive amount of hidden subsidies which go to the automobile. Take the Fairview overpass. The interest on the construction costs is roughly \$1 million a year. Add maintenance and depreciation and you have an example of a hefty subsidy to the automobile. It might well be cheaper to subsidize an improved transit system with more routes, more frequent service and more park-and-ride facilities on the outskirts of Halifax, Bedford and Dartmouth. By upgrading the transit system, we make it more attractive and more convenient for people to use transit. By limiting the amount of money spent on urban highways and downtown parking lots, we discourage the use of the automobile. It is not really a question of being able to afford subsidies for transit. It is a question of our ability to continue to underwrite the cost of the car.

The view that transit is expensive and cars are not is based on more than the explicit subsidy to transit versus the hidden subsidies to cars. It also reflects the provincial government's support for roads as efficient, and reaction against subsidies to transit as inefficient. It is not surprising that municipal politicians find highway con-

struction appealing, regardless of the pressure it creates to convert increasing amounts of urban land from living space to driving and parking space. The province subsidizes anywhere from 50 to 100 per cent of urban highway construction but only one-fifth of the transit deficit. We must therefore look to our provincial politicians to change their priorities and funding formulas, but the existing government would appear to make this a transitory hope indeed.

The alternative to bringing more commuters to peninsular Halifax would be to have more people living on the peninsula and to locate more jobs off the peninsula. Unfortunately, people are seen as generating costs while industries are seen (not necessarily correctly) as generating net revenues. Therefore, cities fight to get industry within their jurisdiction. That's why Halifax went through the messy business of annexing the watershed and turning part of this unequalled recreational resource into an industrial park.

It is seen to be in the interest of Halifax for us to have the industries and our neighboring municipalities to have the residential locations. Thus, municipalities compete for industries, subsidizing industrial parks and giving tax concessions to attract industries away from each other. This self-defeating competition arises from our tax system which forces municipalities to raise a third of their revenues from property taxes, the most regressive form of tax levied.

To break the conventional wisdom requires a willingness on the part of the planners to reconsider how one gets commuters downtown to work, if indeed that is where work should be concentrated. And it requires a willingness on the part of the politicians to reconsider what they are willing to fund. Is it really cheaper to re-orient our cities for more cars or to move people with transit? If we don't demand answers and alternatives, we may be like the allegorical frog. Are the Fairview overpass and the Barrington bubble signs that they are raising the temperature of our water? **C**

*Michael Bradfield is an economics professor at Dalhousie University.*



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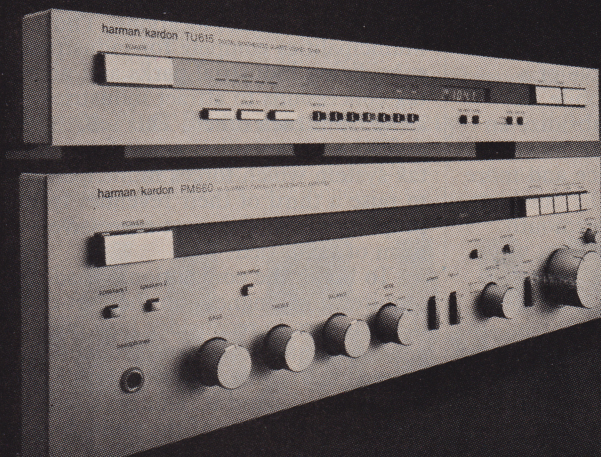
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